

Are You Ready to

FEEL THE
BURN?

Welcome to
BURNALONG



It's all about choice.

Choose what you love with 1,000+ classes across 30+ categories- including cardio, mindfulness, stress and much more. Classes taught by certified professionals with new classes and programs added daily.



Make it social.

Workout on your own or have your co-workers join in on a virtual group class. Help motivate each other and have fun from any location.



Take it anywhere!

Have 5 minutes before your meeting for a quick stretch, or 20 minutes after work? Play classes from your phone, computer, or tablet anytime and anywhere to help you fit in fitness!



BURNALONG



Getting Started with Burnalong

Register for an account today for access to thousands of classes, its as easy as 1, 2, 3!



Step 1

- Visit the website: fit.burnalong.com/Montgomery-county
- Click "Activate Your Free Benefit"
- Create your free account using your Montgomery County Government email address

1

2

Step 2

- Complete your profile
- Browse programs and classes
- Schedule classes, invite friends

3

Step 3

- Press play
- Track your progress
- Rate classes
- Add classes to favorites, follow instructors, and have fun!

Questions? Email
LiveWell@montgomerycountymd.gov

LiveWell is Montgomery County Government's Joint Labor Management employee wellness program. LiveWell programs are open to insurance-eligible Montgomery County Government and participating agency employees. FOP members are ineligible to participate in LiveWell programs.

Please contact LiveWell at LiveWell@montgomerycountymd.gov at least five business days prior to any scheduled event to request reasonable accommodations. In all situations, a good faith effort (up until the time of the event) will be made to provide accommodations.